



The exclusive STOTT PILATES® Licensed Training Center in Texas

www.pilatessouthtexas.com

Training Center Address:

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STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

<p>IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs) Prerequisites: Desire to learn & instruct the STOTT PILATES® Method</p> <p><u>10 Days, 40 Hours</u> (+ 30 minutes buffer time per session) Virtual Jan 18-19, 2024: Thu, Fri 3:00 PM - 7:30 PM Jan 20-21, 2024: Sat, Sun 2:00 PM - 6:30 PM Jan 26, 2024: Fri 3:00 PM - 7:30 PM Jan 27-28, 2024: Sat, Sun 2:00 PM - 6:30 PM Feb 2, 2024: Fri 3:00 PM - 7:30 PM Feb 3-4, 2024: Sat, Sun 2:00 PM - 6:30 PM</p> <p><u>10 Days, 40 Hours</u> (+ 30 minutes buffer time per session) Virtual May 2-3, 2024: Thu, Fri 3:00 PM - 7:30 PM May 4-5, 2024: Sat, Sun 2:00 PM - 6:30 PM May 9-10, 2024: Thu, Fri 3:00 PM - 7:30 PM May 11, 2024: Sat 2:00 PM - 6:30 PM May 17, 2024: Fri 3:00 PM - 7:30 PM May 18-19, 2024: Sat, Sun 2:00 PM - 6:30 PM</p>	<p>AM - Advanced Matwork (6 hrs) Prerequisites: IMP Course</p> <p><u>2 Days, 6 Hours</u> (+ 30 minutes buffer time per session) Virtual Feb 7-8, 2024: Wed, Thu 4:00 PM - 7:30 PM</p> <p><u>2 Days, 6 Hours</u> (+ 30 minutes buffer time per session) Virtual May 21-22, 2024: Tue, Wed 4:00 PM - 7:30 PM</p>
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Exam Prep & Programming Tools

Schedule: Central Time Zone

<p>Functional Anatomy for Conscious Movement (20 hrs) Prerequisites: Desire to learn & integrate with confidence</p> <p><u>4 Days, 20 Hours</u> (+ 30 minutes buffer time per session) Virtual Jan 6-7, 2024: Sat, Sun 12:00 PM - 5:30 PM Jan 12-13, 2024: Fri, Sat 12:00 PM - 5:30 PM</p>	<p>Postural Analysis & Programming Suggestions for Beneficial Movement (12 hrs) Prerequisites: Desire to learn & integrate with confidence</p> <p><u>2 Days, 12 Hours</u> (+ 30 minutes buffer time per session) Virtual Mar 8-9, 2024: Fri, Sat 1:00 PM - 7:30 PM</p>
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Dates and times are subject to change. Visit www.pilatessouthtexas.com to verify dates and times.

Thank you for choosing us as your STOTT PILATES® education source.